



# WINGSPREAD

JOINT BASE SAN ANTONIO-RANDOLPH

66th Year • No. 23 • JUNE 8, 2012



**JBSA-Randolph  
Airmen compete in  
'Amazing Race'**

*INSIDE ... COMMAND CHIEF SPEAKS, P4 ... 306th FTG JOINS 12th FTW, P6 ... 415th FLTF MISSION READY TO EXPAND, P10*



## COMMENTARY

# Leader speaks against tribal behavior

By Lt. Col. Clifford Rich  
318th Training Squadron commander

Twenty-first century technology and the 24/7 news cycle have made the world “smaller,” but over millennia human nature has not changed. We long to identify with and belong to a tribe. The myriad of patches, uniforms, ranks and patchwork of partner nation flags bear witness to that constant within our armed forces.

Competition normally serves as a healthy catalyst that challenges us to give our very best. But where ignorance or artificial barriers serve to frustrate the free exchange of ideas and lessons learned, “tribal” tendencies lead to lost opportunities, duplication of effort and waste.

Cross-talk and learned lessons can’t be accomplished when leaders are focused only on that which affects their “tribe.”

True leadership demands you ask yourself two fundamental questions, “Who else would benefit from knowing what I’ve learned?” and “I wonder if anyone else has dealt with this issue?”

From a more pragmatic standpoint, the growing budget scarcity we’re faced with demands that leaders seek innovative ways to team with non-traditional partners, better collaborate with existing mission partners and encourage innovation across the Department of Defense enterprise



*"Ultimately, whether you wear a suit or uniform to work, members of the armed forces are part of a much broader team than the unit to which they are assigned."*

as well as the interagency landscape. You may have to be the one to break the ice!

In a recent speech to the Carnegie Endowment for International Peace, Chairman of the Joint Chiefs of Staff Gen. Martin Dempsey spoke of “building partners” as the second pillar of the strategy to rebalance U.S. forces.

He also described 21st-century adversaries as networked and decentralized. He further stated, “We have to find ways to be a network ourselves ... and that means a network of interagency partners internal to our government.”

Despite the increasing mandate for greater interoperability with the armed forces of our allies, effective partnering with other nations at the macro-level will continue to be a slow process if we cannot first learn to improve our capacity for teaming at the micro-level with those who reside on the same installation and in the same city.

Look around Joint Base San Antonio on any day of the week. Mission partners are already hard at work smashing stovepipe mindsets and reaching across “tribal” barriers.

Among the flurry of diverse activities, you’ll see a variety of ranks and service branches as well as partner nation students, instructors and administrators on the respective campuses of the Defense Language Institute English Language Center and the Inter-American Air Forces Academy.

Ultimately, whether you wear a suit or uniform to work, members of the armed forces are part of a much broader team than the unit to which they are assigned. Leaders must encourage their personnel to seek out teaming opportunities and embrace the broader sense of purpose that comes with being less tribal.

Will you lead by example?

“Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work,” Vince Lombardi, former National Football League coach, said.

## ON THE COVER

(From left to right) Tech. Sgt. Joshua Kersker, is guided by Staff. Sgt. Stephen Dimondo, Tech. Sgt. Neal Brindowski and Tech. Sgt. Jason Hahn, all members of the 561st Network Operations Squadron Detachment 2, as he assembles an M-16 rifle while blindfolded during their 'Amazing Race' at Joint Base San Antonio-Randolph May 24. The scavenger hunt helped participants discover resources available at JBASA-Randolph.  
Photo by Rich McFadden

## WINGSPREAD

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Avenue E at Third Street  
San Antonio, Texas 78205  
(210) 250-2519 • Fax 250-2570

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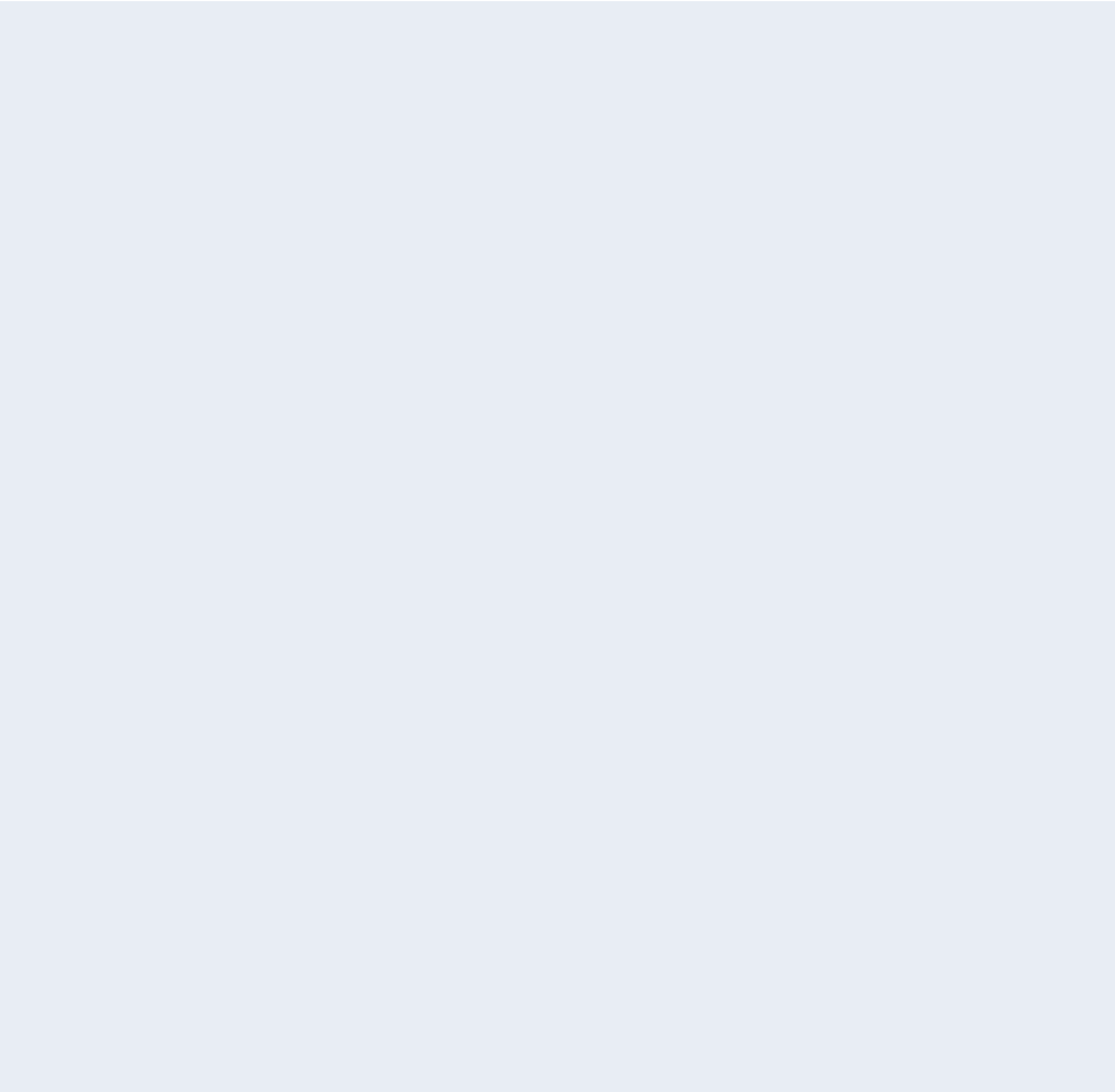
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Editorial content is edited, prepared and provided by the Public Affairs Office of JBASA-Randolph. All photos, unless otherwise indicated, are U.S. Air Force photos.

The deadline for submissions is noon Wednesday the week prior to publication. All submissions can be emailed to 502ABW.pa.wingspread@us.af.mil.







## NEWS

# Command chief stresses teamwork, communication

By Mike Joseph

Joint Base San Antonio-Lackland Public Affairs

The new 502nd Air Base Wing and Joint Base San Antonio command chief master sergeant has set his sights on emphasizing to the enlisted corps the importance of teamwork, professional development and communication.

Chief Master Sgt. Jose LugoSantiago, who became the 502nd ABW and JBSA senior enlisted leader in March, believes teamwork is a key component in a service member's quality of life and that professional development will play a major role in dealing with a constrained resource environment.

"I would like to build an environment for teamwork," LugoSantiago said. "Teamwork is always crucial, but I want to create conditions that inspire teamwork. By inspiring teamwork, we can improve the quality of life for the

*"Creating a blog helps me talk leadership topics directly with the youngest troop. They can give me instant feedback through Facebook or the blog. The leadership challenge will always be how to communicate. In this era, it is one of our biggest challenges as leaders. We have to evolve."*

**Chief Master Sgt. Jose LugoSantiago**

Joint Base San Antonio command chief master sergeant

Soldiers, Airmen, Sailors and Marines we have here in JBSA."

LugoSantiago has a specific message for the enlisted corps.

"I want people to embrace professional development because in the future we'll need what I call 'thinking machines,'" the chief, who has earned three associate degrees, a bachelor's degree and a master's degree, said.

"We need to start thinking about what we do, what we should not do and how we can make it better. We're not going to have the resources we may have had in the past," he added.

The JBSA senior enlisted leader is using technology to reach the enlisted corps.

In addition to his Facebook page, LugoSantiago also has a blog to communicate and mentor.

"Throughout history, noncommissioned officers have been passing knowledge to the next generation of NCOs by word of mouth," he said. "But now, as we become a smaller force and the space where we operate becomes larger, sometimes we don't have the ability to meet face-to-face.

"Creating a blog helps me talk leadership topics directly with the youngest troop. They can give me instant feedback through Facebook or the blog. The leadership challenge will always be how to communicate. In this era, it is one of our biggest challenges as leaders. We have to evolve," he said.

Arriving here from Joint Base Charleston, S.C., where he served as the 628th Air Base Wing and Charleston Joint Base command chief, LugoSantiago is already very familiar with joint basing.

He plans to draw on that experience when necessary.

"It gives me a starting point on where we can go on a problem or solution," he said. "And it gives me a frame of reference on how to work through some of the same issues. I can better appreciate the amazing talent in every single one of the services. This is such a great opportunity for our service members regardless of their branch."

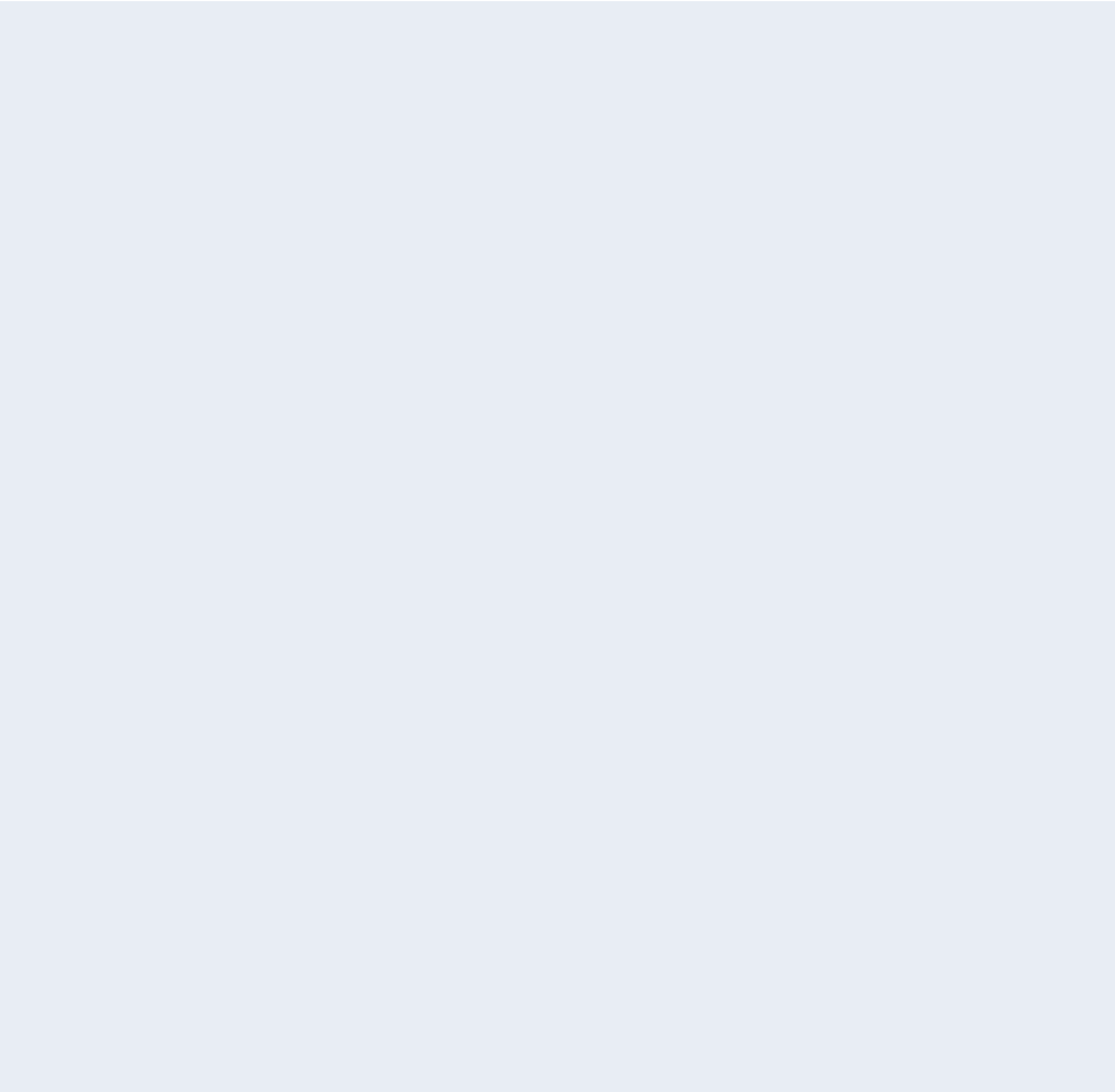
About his first two months in JBSA, LugoSantiago often recalls what the fifth Chief Master Sergeant of the Air Force Robert D. Gaylor used to say, "Wow."

"I find myself saying the same thing. It doesn't matter what branch our service members are in, they are doing amazing things here," he said. "The most amazing part is how we work together to make it even better. The only thing I can say is, 'Wow!'"



Photo by Robbin Cresswell

Chief Master Sgt. Jose A. LugoSantiago, Joint Base San Antonio command chief master sergeant, speaks with JBSA NCOs May 19 at JBSA-Lackland's Mitchell Hall.



# 12th FTW assumes responsibility for 306th FTG

By Bekah Clark  
12th Flying Training Wing Public Affairs

U.S. AIR FORCE ACADEMY, Colo. – The 12th Flying Training Wing assumed responsibility for the 306th Flying Training Group in a redesignation ceremony at the U.S. Air Force Academy Tuesday.

The wing took formal control of the group June 1 as directed by Gen. Edward Rice, Air Education and Training commander, because of 19th Air Force's inactivation later this summer.

The 12th FTW's mission has expanded over the last two and a half years, adding the combat systems officer and basic Remotely Piloted Aircraft pilot and sensor operator training missions to its portfolio.

"It's fitting that the 306th Flying Training Group, which hosts U.S. Air Force Academy airmanship programs and screening for rated flying positions joins our family," Col. Richard Murphy, 12th FTW commander, said.

"The 12th Flying Training Wing, with operations in Texas, Florida and

now Colorado, is separated by more than 1,600 miles. Yet we are one team with one mission: to deliver unrivaled airpower leaders for the future of our United States Air Force."

The realignment will not change the 306th FTG's mission of management and oversight of the U.S. Air Force Academy's airmanship programs. They will continue to ensure powered flight, soaring and parachuting courses contribute measurably to the leadership and character development of cadets.

"We look forward to building upon great relationship between the 306th and the academy," Murphy said. "We promise to deliver the same unmatched airmanship training, character development and nationally ranked cadet competition teams you've come to expect."

Additionally, the group oversees Introductory Flight Screening, contracted to Doss Aviation in Pueblo, Colo., and ensures the program identifies those officers with the aptitude to succeed in Air Force undergraduate aviation training.



Photo by Mike Kaplan

Col. Richard Murphy, 12th Flying Training Wing commander, opens the 12th Redesignation Ceremony Tuesday at the U.S. Air Force Academy's airfield in Colorado Springs, Colo.



## Vacation Bible School

DATE: June 18-22 2012

TIME: 0830 - 1130

PLACE: Randolph Elementary  
School Cafeteria

AGES: Entering Kindergarten  
through 5th Grade &  
Middle School

For information & Registration  
contact Randolph Chapel 210 652 6121 or  
[laura.griffith.ctr@us.af.mil](mailto:laura.griffith.ctr@us.af.mil)



# *New wing historian uses internship as springboard to career*

By Robert Goetz

Joint Base San Antonio-Randolph Public Affairs

Ashley Armes was finishing her master's degree in U.S. diplomatic history at Texas Tech University in 2006 when a graduate adviser approached her about a job possibility she had never envisioned.

The Air Education and Training Command history office at Joint Base San Antonio-Randolph was seeking an intern through the Palace Acquire Program, a formal training plan that prepares individuals for an Air Force civilian career. Although she thought a teaching career was imminent – and she had no military background – Armes interviewed for the position and was soon accepted into the program.

“My first day on a military installation was my first day at work,” she said.

Armes, who is nearly six years into her civil service career, now serves as 12th Flying Training Wing historian. She said her stint at AETC provided her with the perfect springboard for her career.

“It was great to start in that environment,” she said. “I learned something new every day. There were five historians and a curator there; you usually don't get an opportunity to work with that many experienced colleagues because most history offices are one-person shops.”

About two years after becoming a Palace Acquire

intern, Armes was running her own one-person shop when she was outplaced to Aviano Air Base, Italy, as 31st Fighter Wing historian. She ran the wing office there for three years and successfully completed a deployment before returning to Randolph.

Armes said historians' responsibilities include collecting “a ton of documents,” as well as photos, in both hard-copy and digital form. A high-capacity storage and retrieval system in the Randolph History Office serves as a physical archive.

Among historians' other duties are interviewing leadership and subject-matter experts, attending meetings, providing outreach to the base community and writing an annual wing history that must be approved by the wing commander, she said.

“We're searching for the ‘why,’ such as why leadership made the decisions they made,” Armes said. “We try to focus on big issues, but ultimately it's about the activities of the people who work in the 12th FTW. It's the people who are making the history.”

The wing history is the cornerstone of the historian's duties. Armes said it reflects “what's most important to the commander.”

“Its goal is to capture information to educate the Air Force about its past and aid future leaders in making decisions,” she said.

Armes said historians “write topically, not chronologically.”

“We look at things such as flying activities, mainte-



Photo by Rich McFadden

Ashley Armes, 12th Flying Training Wing historian, searches for information in the history office files.

nance issues and other key aspects of accomplishing the unit's mission,” she said.

Armes called the history “a summary of a unit's annual life” – the organizations, key personnel, the number of deployed Airmen, budget information, aircraft

**See HISTORIAN P13**



# DoD civilians meet requirements to pocket jury duty checks

By Alex Salinas

Joint Base San Antonio-Randolph Public Affairs

There are many Department of Defense civilians working on Joint Base San Antonio-Randolph being summoned for jury duty who don't know what they should do once they receive checks from the courthouse, Sandra Thurchak, 902nd Comptroller Squadron civilian pay technician, said.

"Employees are not aware that they're required to bring the check they receive from the courthouse to finance (at Pitsenbarger Hall)," she said.

If civilians use the Court Leave code of "LC" on their timecards during their jury duty summons, they are paid their regular salary for leave and must return any courthouse compensation to the Civilian Pay Office, Bldg. 399, located in room 234.

If civilians use the code of "LA" and their certification form contains the statement "For Daily Allowances of Expenses," they are allowed to keep the compensation they receive while serving time at the courthouse.

Civilians who do not return their checks from jury duty without the proper certification form are required to pay all monies they receive to the Civilian Pay Office.

This becomes troublesome when those summoned have spent money they were not supposed to spend, Thurchak said.

"I'd rather collect the check they get from the jury rather than them writing a personal check to us later on," she said. "Some of them don't bring us the checks because they are not aware what to do and by the time we contact them, they've already spent or donated the money."

Civilians have the option to donate funds they receive while on jury duty leave to a children's welfare program – a noble gesture – albeit the money must be returned to the Civilian Pay Office if they use code "LC," Thurchak said.

"The best way to avoid any hassle is to come see us after jury duty," she said, which can save civilians time, money and maybe a headache or two – something that goes both ways.

"We try to be tactful when informing base members they were not supposed to use their courthouse money when they actually did, but sometimes it can be a battle to get information through to them," Krystal Bennett, 902nd CPTS financial services technician, said.

Bennett said contacting base members has become increasingly troublesome since she sees many of them coming from the same organizations – something the

Civilian Pay Office is working to better communicate with supervisors across Randolph.

"I've been called 'snippy,'" Thurchak quipped, but said she understands the balance between potential frustration that can arise from civilians' perspective and her approach to her job.

Civilians must ultimately make sure their statements from the courthouse state what they are to do with their funds, Thurchak said.

"County courthouses are getting better with specifying information on the verification form, but the city courthouses are inconsistent," Bennett said.

Converse and Universal City courtrooms are traditionally problematic regarding verification forms, she said, so members should always check in with the Civilian Pay Office as a preventive measure from potentially paying back jury duty money they receive.

A phone call or email to them is also more than welcomed, Thurchak said.

To contact the Civilian Pay Office, call 652-6480 or email them at [finance.civpay@us.af.mil](mailto:finance.civpay@us.af.mil). Refer to DoD Financial Management Regulation, Volume 8, Chapter 5, paragraph section 0517 for more information.





# Randolph reservists ensure health of T-38 fleet

By Robert Goetz  
Joint Base San Antonio-Randolph Public Affairs

Air Force reservists assigned to Joint Base San Antonio-Randolph plays a vital role in ensuring the aging T-38 Talon – Air Education and Training Command’s primary jet trainer – remains mission-ready.

The 415th Flight Test Flight, part of the 413th Flight Test Group Air Force Reserve unit at Robins Air Force Base, Ga., performs functional check flights, making sure the aircraft are ready to fly after undergoing modifications and repairs.

Lt. Col. Ripley Woodard, 415th FLTF commander and test pilot, said the flight is “a reserve unit that supports the active-duty mission.” It’s an important support role, given the T-38’s age and its continued use for the foreseeable future.

“We have to keep the fleet healthy,” he said. “Some of our T-38s have been in service since the 1960s.”

The 415th FLTF is a small unit, consisting of two full-time test pilots, a command support staff NCO in charge and a cadre of other senior NCOs who specialize in aviation resource management and aircrew flight equipment. But the flight will expand from eight personnel to 13 sometime in fiscal 2013, Woodard said.

“We will be hiring more pilots because our workload is about to greatly increase. Two major overhauls to T-38s are coming.”

The overhauls will be performed at Randolph, where the 571st Aircraft Maintenance Squadron Operating Location A handles depot maintenance

of all T-38s in the Air Force, as well as some Navy T-38s.

The 571st AMXS, a unit of the 309th Maintenance Wing at Hill AFB, Utah, will soon begin the process to replace magnesium flight control rods with aluminum rods for more than 450 aircraft in AETC and Air Combat Command. It will also launch Pacer Classic III, an extensive six-month

T-38 modification program that will produce more than 22 aircraft per year.

Woodard, a former T-37 instructor pilot at Randolph, said the 415th FLTF is responsible for the test flights of most T-38s modified or repaired by the 571st AMXS. Using a checklist called a Dash-6, test pilots inspect the aircraft on the ground and in the air.

“Every plane – except for those with minor modifications – requires a functional check flight before it’s delivered to the field,” he said. “Each FCF lasts about an

hour; we shut down the engine and test all the controls. We take an un-airworthy aircraft and certify it for flight.”

Woodard said the flight enjoys a close relationship with 571st AMXS personnel.

“You bet your life on what they’re doing,” he said.

FCFs aren’t the only duty of 415th FLTF pilots, Woodard said. They also travel to bases throughout the United States, picking

up aircraft that will be modified or repaired and returning them once they have been certified for flight.

Among their other responsibilities are certifying aircraft that have been repaired or rebuilt by the 571st AMXS after involvement in a crash.

“We do crash recovery,” Woodard said. “In the



Master Sgt. Jason Fisch, 415th Flight Test Flight aircrew flight equipment NCO in charge, inspects and repairs harnesses May 17 used by 415th Flight Test Flight pilots on Joint Base San Antonio-Randolph.

last three years, we’ve certified four T-38s that were crashed.”

The 415th FLTF traces its roots back to World War II, when the 25th Reconnaissance Squadron was equipped with Consolidated B-24 Liberators and designated the 415th Bombardment Squadron. The unit was inactivated after the war and wasn’t activated again until 1958, but only for four years. Thirty years later, the unit was redesignated the 415th Flight Test Squadron and activated at Edwards AFB, Calif., for two years. The unit was again inactivated until October 2001, when it was redesignated the 415th FLTF for its current mission at Randolph.

Master Sgt. Jason Fisch, 415th FLTF aircrew flight equipment NCO in charge, called the flight a “very small and close-knit unit.”

“We are very much like a family,” he said.

Fisch, the newest member of the flight, said his responsibilities include inspecting all of the appropriate flight gear used by the aircrew in performance of their duties.

“I love my job and the fact that I’m the last person they see stepping out the door and the first they see stepping back into the shop, and knowing that because I did my job, they could do their job,” he said.



Lt. Col. Ripley Woodard, 415th Flight Test Flight commander, performs a final cockpit check on a T-38 Talon aircraft prior to take off on Joint Base San Antonio-Randolph May 17. Left: Lt. Col. Ripley Woodard, 415th Flight Test Flight commander, puts on his aircrew flight equipment prior to taking to the air in a T-38 Talon aircraft on Joint Base San Antonio-Randolph May 17.



Lt. Col. Ripley Woodard, 415th Flight Test Flight commander, performs a final walk around check on a T-38 Talon aircraft prior to take off on Joint Base San Antonio-Randolph May 17.



Keith Barnes, 571st Aircraft Maintenance Squadron contractor performs final checks prior to launching Lt. Col. Ripley Woodard, 415th Flight Test Flight commander, in a T-38 Talon aircraft on Joint Base San Antonio-Randolph May 17.



*“We will be hiring more pilots because our workload is about to greatly increase. Two major overhauls to T-38s are coming.”*

Lt. Col. Ripley Woodard  
415th Flight Test Flight commander and test pilot



## Base BRIEFS

### EO office closes for training

The Joint Base San Antonio-Randolph Equal Opportunity Office is closed Wednesday for a mandatory training function. Call 652-3749 and messages will be returned Thursday.

### Base members connect on Facebook

Joint Base San Antonio-Randolph community members are welcome to post events and information on the Randolph Facebook page. Log onto [www.facebook.com/RandolphAirForceBase](http://www.facebook.com/RandolphAirForceBase), "Like" the page and post. All are encouraged to use the page to get the word out about awards, retirements, private organization events, meetings and any other family-friendly subject.

### Organizational information sharing

Public affairs requests base organizations with an official Facebook page to share the URL and point-of-contact info with Laura McAndrews at [laura.mcandrews@us.af.mil](mailto:laura.mcandrews@us.af.mil), for inclusion in n future Joint Base San Antonio web and mobile applications.

## Randolph Chapel Schedule

### • CATHOLIC

#### Monday-Friday

11:30 a.m. - Bldg. 975

#### Saturday

5:30 p.m. - Bldg. 975

#### Sunday

8:30 a.m. - Bldg. 975

11:30 a.m. - Bldg. 975

#### Confession

#### Saturday

4:30 p.m. - Bldg. 975

### • PROTESTANT

#### Traditional

#### Sunday Service

8:15 a.m. - Base theater

#### Contemporary

#### Sunday Service

11 a.m. - Base theater

## NOW SHOWING at the Randolph Theater

### "Safe" (R)

Jason Statham, Catherine Chan  
Today at 7 p.m. and Saturday at 6 p.m.

### "Raven" (R)

John Cusack, Alice Eve  
Sunday at 3 p.m.

*\$4.50 for adults – \$2.25 for children 0-11*

To submit a news or sports brief for publication in the Wingspread, email all information to [502ABW.pa.wingspread@us.af.mil](mailto:502ABW.pa.wingspread@us.af.mil).



# Showplace Showcase

**Tech. Sgt. Cindy Ketchum**  
Air Force Personnel Center



Photo by Rich McFadden

**Duty title**

Medical Support Assignment NCO

**Hometown**

Homosassa, Fla.

**Hobbies**

Swimming, knee boarding, dancing

**Greatest Accomplishment**

Raising two wonderful kids

**Personal Inspiration**

My kids give me drive.

**Personal Motto**

Keep it simple.

**Goals**

To finish my degree in human resources

**Pet Peeve**

When people say "concur" or "period, dot."

**Commander's Comments**

*"Tech. Sgt. Cindy Ketchum is a true professional and provides outstanding customer service. She has an infectious personality and a smile that brightens everyone's day. The Air Force needs more NCOs like Cindy."*

**Col. Deborah Landry**

*Air Force Personnel Center, DPAA commander*

## HISTORIAN from P8

assigned to the installation, maintenance statistics and safety issues, such as birds striking aircraft.

Armes said she'd like to spend more time each day writing the history, but no day is the same in her office. She responds to inquiries that arrive by mail, email or phone call; serves as an expert on Randolph's history, including its vintage aircraft in Air Heritage Park and memorabilia in the Taj Mahal.

"That keeps it interesting," she said.

Armes said she receives inquiries on a daily basis.

"Historians answer inquiries from Airmen basic and

four-star generals to retirees and the general public," she said. "They cover a wide range of topics."

Armes said some are routine, while others are more unpredictable. When she was assigned to Aviano, one person asked her if one of the base's hangars was really haunted.

Armes said she enjoys responding to inquiries and the challenges of her position.

"It means something to people," she said. "It's nice to find people an answer to what they're looking for. You never know exactly what your day's going to look like; there's something new every day. I get a lot of satisfaction out of it."

# Pop-up messages alert base community to heat stress risk

By Robert Goetz  
Joint Base San Antonio-Randolph Public Affairs

Sometime every spring, typically in May, computer users at Joint Base San Antonio-Randolph start receiving nearly daily messages that pop up on their screens and require an acknowledgement.

The messages play a major role in keeping Randolph personnel safe by displaying the wet bulb globe temperature index, a calculation of heat, humidity and other factors that lets supervisors know it's time to take steps to protect their workers from heat stress.

The WBGT, as it is more commonly known, triggers five "flag conditions" that are especially relevant to anyone at Randolph who is subjected to South Texas' often-oppressive heat and humidity, including Airmen who take part in physical training, security forces, firefighters, personnel on the flightlines and groundskeepers.

"It's situational awareness of what the temperature is," Senior Airman Jerome Salazar, 359th Aerospace-Medicine Squadron bioenvironmental engineering technician, said. "It assists commanders and supervisors in making decisions about rest and work cycles and water intake."

Flag conditions are displayed in five colors, ranging

from white for a WBGT of 78 to 81.9 degrees to black for a WBGT of 90 degrees or more. Other flags are green, 82 to 84.9 degrees; yellow, 85 to 87.9 degrees; and red, 88 to 89.9 degrees.

"When the flag condition is green, we report it to the command post at JBSA-Lackland, and they distribute the message to the appropriate organizations on base and through the computer pop-up notifications," Salazar said. "The message only changes when the flag condition changes."

Personnel at the 359th AMDS use a device called a thermal environment monitor to measure the WBGT. The monitor features three temperature elements – a "wet bulb" that accounts for humidity and air movement, a black "globe" that measures radiant heat from the sun and a shielded thermometer that records ambient temperature.

A combination of temperature measurements that factor dry air temperature, air movement, relative humidity and radiant heating, the WBGT index "is the simplest and most suitable technique to measure environmental factors that most nearly correlate with deep body temperatures and other physiological responses to heat," according to Air Education and Training Command Instruction 90-801, "Pre-

vention of Heat Distress Disorders."

Salazar said 359th AMDS technicians take the WBGT device outside to an unshaded location behind the medical clinic each day "when we know it will be hot." The season generally lasts from May to September or October.

"We look at the projected high temperature from weather forecasts and put the device outside by at least 8 a.m. if the projected high will be 85," he said. "We start monitoring it every hour when it gets to 85."

A remote display inside the 359th AMDS bioenvironmental engineering section records the outdoor WBGT, Salazar said.

Once supervisors know flag conditions, they can implement work/rest cycles and water intake based on the AETC I90-801 chart in attachment 2, which provides guidelines based on flag conditions and the level of physical activity, from easy to hard, as well as a wealth of information on preventing heat stress disorders, training requirements, and heat stress and water intoxication warning signs and symptoms.

By drinking plenty of water or other noncaffeinated, nonalcoholic beverages and following other common-sense guidelines, personnel can prevent heat-related illnesses such as cramps, exhaustion and heat stroke.

## Training Guidelines for Personnel – acclimatized and unacclimatized – wearing hot weather BDUs

- These values will sustain performance and hydration for at least four hours of work in the specified heat category.
- This table is based on studies of personnel wearing military BDU clothing.
- Rest means minimal physical activity in the shade if possible.
- Individual water needs will vary +/- 1/4 quart per hour.

**CAUTION:** Hourly fluid intake should not exceed 1 1/2 quarts; daily fluid intake should not exceed 12 quarts. Rapid ingestion of large amounts of water (greater than 1 1/2 quarts per hour) may lead to hyponatremia, a life-threatening condition that must be treated promptly.

Table 1 – Training Guidelines for Average Acclimatized Airmen Wearing BDU, Hot Weather

Heat Cat/Flag Color	WBGT (F)	EASY WORK		MODERATE WORK		HARD WORK	
		Work Rest Cycle	Water Intake Qt/hr	Work Rest Cycle	Water Intake Qt/hr	Work Rest Cycle	Water Intake Qt/hr
1	78-81.9	No Limit	0.5	No Limit	0.75	40/20 min.	0.75
2	82-84.9	No Limit	0.5	50/10 min.	0.75	30/30 min.	1.0
3	85-87.9	No Limit	0.75	40/20 min.	0.75	30/30 min.	1.0
4	88-89.9	No Limit	0.75	30/30 min.	0.75	20/40 min.	1.0
5	> 90	50/10 min.	1.0	20/40 min.	1.0	10/50 min.	1.0

Table 2 – Training Guidelines for Average Unacclimatized Airmen Wearing BDU, Hot Weather

Heat Cat/Flag Color	WBGT (F)	EASY WORK		MODERATE WORK		HARD WORK	
		Work Rest Cycle	Water Intake Qt/hr	Work Rest Cycle	Water Intake Qt/hr	Work Rest Cycle	Water Intake Qt/hr
1	78-81.9	No Limit	0.5	50/10 min.	0.75	30/30 min.	0.75
2	82-84.9	No Limit	0.5	40/20 min.	0.75	30/30 min.	1.0
3	85-87.9	No Limit	0.75	30/30 min.	0.75	20/40 min.	1.0
4	88-89.9	50/10 min.	0.75	20/40 min.	0.75	10/50 min.	1.0
5	> 90	40/20 min.	1.0	10/50 min.	1.0	Not Allowed	N/A

\*Content of the above informational graphic courtesy of Air Education and Training Command I90-801 dated April 19, 2012.

## Sports BRIEFS

### 10K relay to take place

A 10K relay takes place Saturday, 7:30 a.m., at Eberle Park. The first team member must complete a 5K run in order for the second team member to tag off and start running the next 5K.

For details, call 652-7263.

### Randolph Oaks Golf Course events

- The Randolph Oaks Golf Course is conducting a Junior Golf Camp for youth Monday through June 15, 8 a.m.-noon. The cost for the clinic is \$50 for youth with clubs or \$125 for youth that need to purchase clubs. For more information, call 652-4653.

- The Randolph Oaks Golf Course holds a Father and Son or Daughter Tournament June 17. Tee times are noon-1 p.m. and the entry fee is \$20. For more information, call 652-4653.

### Bowling center offers specials

- Bowling and shoe rental are free for Dads at the Randolph Bowling Center June 17, 1-6 p.m. Additionally, family members can bowl at the reduced rate of \$1.50 per game, per person and \$1.50 shoe rental.

### Randolph pools open

The Randolph Center Pool is open for recreational swimming weekdays, 1-8 p.m.; Saturday, 11 a.m.-8 p.m. and Sundays, 1-6 p.m. The daily entry fee for those without a season pass is \$2 for ages 2 and older. Lap swimming starts June 4 at the South Pool and is open weekdays, 8 a.m.-8 p.m. There is no cost for lap swimming.

The South Pool is also open Saturdays, noon-8 p.m. for private parties. For more information, call 652-3702/3698.

# SPORTS - HEALTH - FITNESS

## Lackland team captures volleyball triple crown

By Jose Garza III

JBSA-Lackland Public Affairs

The Air Force Intelligence, Surveillance, and Reconnaissance Agency completed a trifecta of sorts recently, winning three Joint Base San Antonio intramural volleyball titles in the span of six weeks.

After winning both men's and women's

base intramural team titles on JBSA-Lackland, AFISRA captured the JBSA-wide volleyball championship crown May 24 in its own backyard at the Chaparral Fitness Center, defeating JBSA-Fort Sam Houston and the No. 1-seeded Warrior Transition Battalion Center for the Intrepid, 15-21, 21-9, 15-13.

Six teams composed of men and women players from across the three JBSA instal-

lations – Fort Sam Houston, Randolph and Lackland – contended for the title.

AFISRA's journey to the title started off precariously as WTB/CTI opened an eight-point lead early in the first set, 14-6. AFISRA cut the deficit to four before losing 21-15.

AFISRA middle/outside hitter John Tanaka said the team got tentative in its first-set play, fearing making crucial mistakes.

"We always have a habit of starting off slow in games because no one wants to make mistakes, but we still end up making them," Tanaka said.

The agency shook off the jitters in the second set, building a 9-5 lead behind outside/middle hitter Chris Miranda's three second-set kills. Two more kills by Miranda spurred a set-high 12-point lead as AFISRA cruised to a 21-9 win in the second.

With both teams tied going into the final set, AFISRA and WTB/CTI pulled out all the stops. The teams battled throughout the final set until AFISRA broke away, scoring the last two points off WTB/CTI errors, as the eventual champions clung on for the 15-13 victory and the JBSA volleyball title.

AFISRA's trifecta might not have come to fruition without a pep talk from Miranda after its first set defeat.

"I told them to take it easy, have fun, and play the game the way they know how," he said.

On its journey to the finals, AFISRA defeated 359th Medical Group 21-14, 21-13 in the semifinals of the tournament.

The AFISRA's track record in accumulating volleyball trophies is accredited to its members' participation in various leagues around the city, Tanaka said.

"We play in as many leagues as we can so we can build camaraderie, not just throughout JBSA-Lackland, but with the other bases and teams that participate in volleyball throughout the community."

After the match, WTB/CTI's Lenin Ramirez said his team could have blemished AFISRA's volleyball championship mark if its 10-person roster showed up.

Only half of the roster suited up for the final match. Ramirez said the other half of the roster couldn't make the finale due to personal issues.

"Without a doubt, we could have won this game," Ramirez said.

In the end it was AFISRA who had the recipe for success, rounding out the intramural volleyball season with its third title this year.

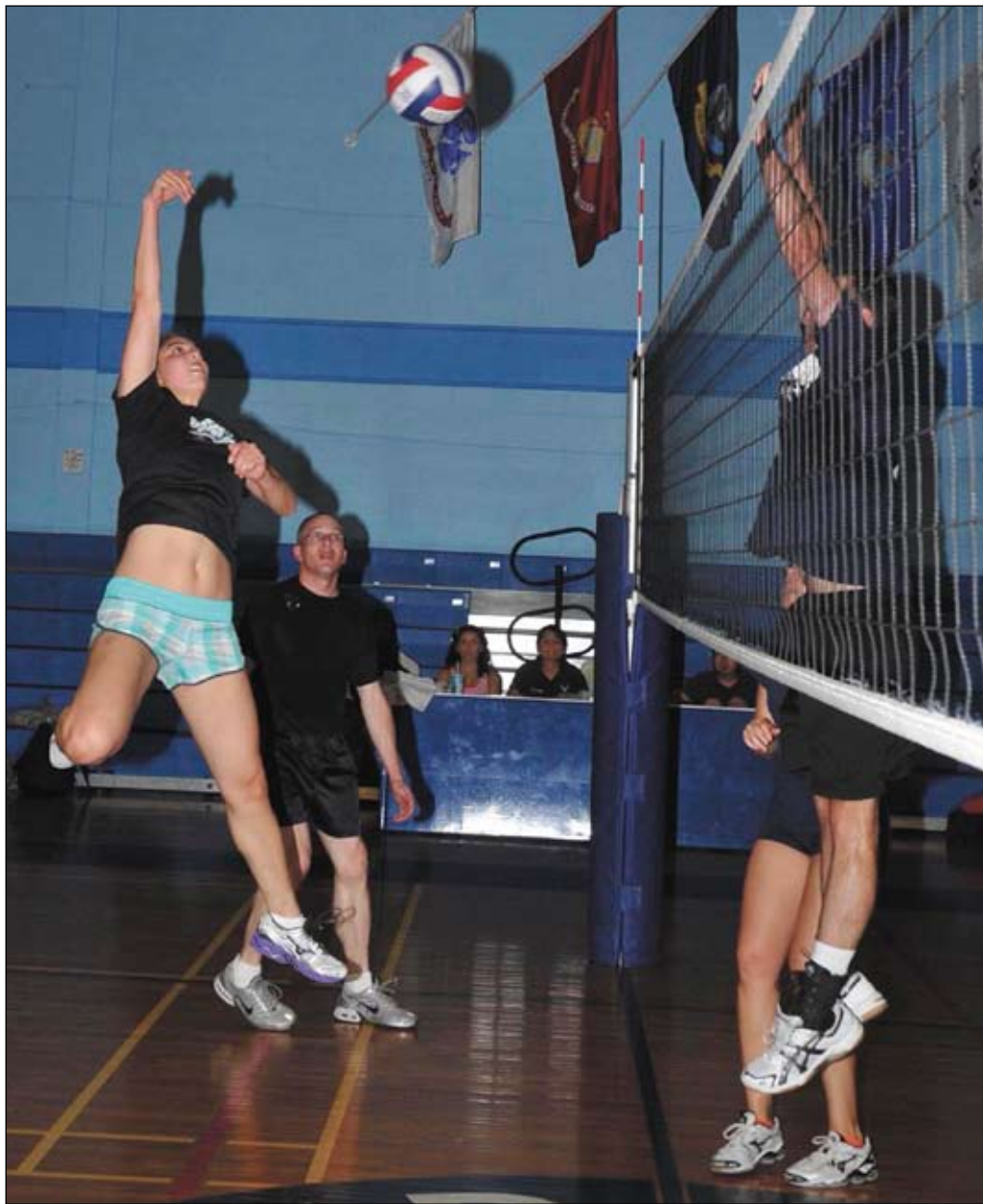


Photo by Alan Boedeker

Air Force Intelligence, Surveillance, and Reconnaissance Agency setter Dawn Higginbotham spikes the ball during the Joint Base San Antonio volleyball tournament May 24 at JBSA-Fort Sam Houston's Warrior Transition Battalion Center for the Intrepid.